

# Tinas Spinach Artichoke Casserole

*Tina Rabinowitz*

*Unitarian Universalist Fellowship of Vero Beach, FL 2000*

*4 jars (6 ounce ea)  
marinated artichoke hearts,  
well drained  
3 packages frozen chopped  
spinach, squeezed dry  
Accent® seasoning mix  
(optional)  
2 packages (8 ounce ea)  
cream cheese, softened  
5 tablespoons butter,  
softened  
3/4 cup milk  
1/2 cup grated Parmesan  
cheese*

Into a greased 9x13-inch baking dish, place the well-drained artichoke hearts. Top with the spinach, partly defrosted, but uncooked. Squeeze out most of the water (very important). Sprinkle with a little Accent, if desired.

In the bowl of an electric mixer, cream together the cream cheese and butter. Gradually add the milk. Beat well. Pour the mixture over the spinach. Sprinkle the top with grated cheese.

Cover and refrigerate for twenty-four hours.

Bake, uncovered, at 350 degrees for 40 to 45 minutes.

Cut into squares and serve.

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Per Serving (excluding unknown items): 2733 Calories; 241g Fat (75.9% calories from fat); 96g Protein; 76g Carbohydrate; 45g Dietary Fiber; 696mg Cholesterol; 4054mg Sodium. Exchanges: 7 1/2 Lean Meat; 12 1/2 Vegetable; 43 Fat.